



Freddie Rowe close to four minute mile mark

Just eight days after winning the London Mini Marathon Freddie Rowe came close to breaking the four minute mile landmark, at the Iffley Road track Oxford that saw Sir Roger Bannister break the record in 1953.

Running at the Bannister Miles Meeting Freddie came from behind in the home straight to clock 4m 00.88s to win the elite men's A race against older opposition at the prestige event. Interviewed by Athletics Weekley after his victory Freddie said that his main aim for the summer was selection for the European Under 18 Championships in Rieti, Italy in July. Freddie's 800m PB is close to the 800m selection standard, and he comfortably beat the 1500m standard last year, and his 1500m split time at Oxford was well within the selection benchmark.

At the same venue Kieran O'Hara celebrated his Commonwealth Games selection by easily winning the Para 1500m with a 4m 11.15s clocking.

